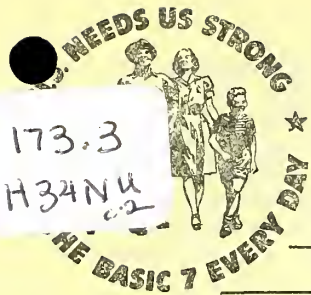


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NUTRITION

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FAO TO COOPERATE IN POINT IV PROGRAM

Expanding technical assistance to underdeveloped countries was one of the major recommendations of the fifth Conference of the Food and Agriculture Organization of the United Nations held Nov. 21-Dec. 7 in Washington, D. C. Each commission and each panel worked on some phase of implementing the Point IV Program of technical assistance for economic development of underdeveloped countries.

When President Truman addressed the delegates at the plenary session November 22, he said: "I am glad that your organization has worked out a specific program as your part of the United Nations' effort along these lines. The United States will continue to look to the FAO for leadership in the international cooperative effort to increase food and agricultural production throughout the world. Our experience, our knowledge, our technical experts are all available to you. . . ."

The Conference emphasized that improving the diet of the population contributes to the economic development of a country. Undernutrition and malnutrition which impair health and lead to disease reduce working capacity. Workers cannot produce efficiently unless they receive adequate amounts of the right kinds of foods.

In programs to increase food production, nutrition must occupy a central position, the Conference pointed out. The production and distribution of food must be planned to make it possible for all sections of the population to obtain a satisfactory diet. Often the first need for such planning is a broad survey of the food situation, including the study of local foods and food consumption patterns. Practical measures to influence food habits and production and to ensure that the best use is made of available food supplies must be based on this appraisal.

The Conference suggested that FAO can assist governments most effectively in improving nutrition in their countries by helping them establish nutrition serv-

ices. This will involve training of workers, which might be provided through fellowships, special courses for personnel engaged in practical nutrition work, and short courses for nontechnical people. Providing consultants to governments upon request is another way FAO can assist.

The Conference studied the work accomplished by FAO during 1949 and approved its program of work for 1950. It emphasized that the integration of nutrition into the work of FAO as a whole is of the utmost importance and that the improvement of nutrition conditions is a basic objective of the Organization.

The work of the FAO Nutrition Division falls into three categories: (1) Collection, analysis, and dissemination of information on subjects such as food composition, food consumption, requirements for calories and nutrients, and food technology; (2) promotion of international consultation; and (3) direct technical aid. In extending work on school feeding, nutrition education, and diet surveys, the Conference recommended that FAO emphasize direct technical assistance to governments in carrying on practical programs.

NEW YORK ENLISTS SUPPORT OF FARM AND SCHOOL LEADERS FOR EDUCATION PROGRAM

Recognizing the need for a "vigorous permanent education program instead of sporadic nutrition campaigns" the New York State Education Department is sponsoring a program to teach children the importance of eating nutritious meals. Leaders of farm and farm home organizations as well as superintendents and heads of private, elementary, and secondary schools have been asked to support and encourage this plan.

For this program two bulletins—"Let's Teach Nutrition" and "Good Nutrition for Everyone"—have been prepared by staff members of the State Education Department with the assistance of nutrition specialists. Posters entitled "Food Makes the Difference" and "What Helps Us Grow?" supplement the material in the bulletins.

A NEW FILM STRIP ON NONFAT DRY MILK

The Nutrition Branch of the Bureau of State Services of the Public Health Service has recently prepared a colored film strip and 2" x 2" glass slides entitled "Mrs. Jones Learns About Nonfat Dry Milk."

Developed as a teaching aid for use with lay groups it was designed to show what nonfat dry milk is, how to prepare it, and the advantages of using it.

The PHS reports that these materials were pretested in a health department clinic to assure that both the text and illustrations would stimulate interest, be understood, and be clearly interpreted by persons of 6th grade education (approximately 80 percent of our adult population).

After some revisions were made, the slides were projected in an automatic, continuous machine in the waiting room of a clinic for low-income groups. When so used they were effective in giving information on nonfat dry milk. (See New Materials for information on how to obtain the strips and slides.)

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NEWS OF STATE COMMITTEES

NUTRITION TEACHING IN SCHOOLS AIDED BY NUTRITION COMMITTEES

Nutrition committees are giving increased attention to nutrition teaching in schools, in some States working with school officials to incorporate this subject into the curriculum.

New Hampshire, for example, is encouraging the integration of nutrition teaching into the total elementary school program and is devising ways and means of making such teaching more effective.

New York City has a committee working with the Board of Education and parent-teacher associations. Last year this committee held a nutrition exhibit contest for children in the 7th, 8th, and 9th grades. A similar contest is planned for this year. (See next item in this issue.)

A "Suggestive Guide for Teaching Nutrition in Illinois Elementary Schools" was published by the Nutrition Committee several years ago. (See Illinois item.)

Nutrition committees are urging teacher training institutions and universities to include courses on nutrition for all teachers. For Pennsylvania

colleges that find it impossible to employ a nutrition teacher the State Nutrition Committee offers to mobilize well-qualified teachers who will give courses in that subject without remuneration (Jan. NNL). The New Mexico Committee cooperated with a university in putting on a workshop for elementary teachers (Nov. NNL).

For its fall meeting the Maine Nutrition Committee met with elementary teachers, supervisors, and other school personnel. After reviewing the results of the recent nutrition survey of Maine Junior High School pupils (Sept.-Oct. and Dec. NNL's), Chairman Mary M. Clayton pointed out that elementary teachers can help to improve the nutrition of their pupils by teaching them what foods are most nutritious and why. A social studies teacher, a science teacher, and a fifth grade teacher then reported on "What I am now teaching in nutrition."

At this meeting members of the Maine Nutrition Committee suggested that nutritionists, home economics teachers, and home demonstration agents can advise and cooperate with elementary teachers as well as suggest new projects and illustrative materials. Elementary teachers, on the other hand, can further the school lunch program by giving the children helpful suggestions and setting good examples by their own ways of eating.

NEW YORK CITY WORKS ON FILMS, EXHIBITS, NUTRITION EDUCATION, AND SCHOOL LUNCH

The Food and Nutrition Division of the Health Council of Greater New York serves as a planning body and a clearing house for nutrition programs and activities of its 96 member agencies. Its policy and program are guided by an elected planning board of 4 officers and 12 members chosen with special consideration for their nutrition activities and representation in various public and private agencies.

The Division functions through committees. The accomplishments of these committees during 1949 were reported in part in previous issues of the NNL. This year the Division is—
.. Continuing to review new nutrition films. The Film Evaluation Committee is preparing a loose-leaf supplement to the film catalog issued last year by the Food and Nutrition Division with funds loaned by the Milbank Fund.
.. Planning a 1950 nutrition exhibit contest for school children in cooperation with the Home Economics Department

the Department of Education. The exhibits will be displayed in the boroughs for prejudging by borough nutrition committees and the Home Economics Department. The chosen exhibits will be displayed at a central location in Manhattan in late May or early June. The 1949 contest entitled "Food for Figure, Fitness, and Fun" was described in the May NNL. The Exhibits Committee is continuing to show a series of traveling exhibits prepared in 1949 with funds made available by the Williams-Waterman Fund. These exhibits on diets for expectant mothers, importance of milk in the diet, and a good breakfast have been in constant circulation to district health centers, health and welfare agencies, schools, libraries, and civic groups.

..Working with the Board of Education and parent teacher associations for more effective nutrition education in the public schools. The Committee on Nutrition Education in Schools has recently appointed two subcommittees—one on curriculum and one on alertness credits for teachers.

..Helping to improve lunches provided in New York City public schools. The School Lunch Committee, which includes representatives of civic organizations as well as of agencies directly concerned with nutrition, recently arranged for bread used in schools and all city hospitals to be made by a formula providing greatly increased amounts of calcium and protein.

The Food and Nutrition Division also functions through community health councils in the boroughs.

At the November luncheon meeting of the Division, 145 representatives of parent organizations and public and private agencies heard Dr. Hazel K. Stiebeling, Chief of BHNHE, speak on "National and International Aspects of Nutrition in Public Health." Two institutes were held in the morning; one on school lunch and another on community objectives.

LOUISIANA STRENGTHENS ITS NUTRITION EDUCATION PROGRAM

To strengthen the State nutrition education program the Louisiana Nutrition Executive Committee is coordinating the services of agencies concerned with nutrition, and its members are working together on individual and group projects, according to Chairman Clyde Mobley.

The committee is especially interested in studies of nutritional status. At

Louisiana State University Experiment Station a detailed study in progress includes blood analysis of a large number of school children, ages 6-12, and physical examinations by a pediatrician.

A proposed study provides for a survey to follow up one made in 1941-42 to determine improvements in nutritional status made since the school lunch program began. The early survey revealed that only a small percentage of the children were receiving adequate diets.

In the nutrition education program the supervisor of nutrition education is working with teachers in elementary schools in developing methods for teaching children nutrition, while at the high school level the supervisors of home economics are working cooperatively with home economics teachers to emphasize nutrition.

The Louisiana State Department of Education has issued "Nutrition Education Bibliography," Bulletin 656, and three nutrition education bulletins. Each of the bulletins includes an outline of nutrition objectives and activities for the grades covered, based on work done by a group of teachers and school officials during the State-wide Vocational Education Conference held last June.

ILLINOIS OFFERS TWO PUBLICATIONS

"I Can Feed Myself" (copy enclosed) was written by participants in the First Annual Workshop sponsored jointly by the Illinois State Nutrition Committee and the University of Illinois.

The committee offers the printed leaflet at cost—\$3 a thousand plus postage—from the Department of Home Economics, University of Illinois, Urbana. Or the committee will authorize agencies to print the leaflet at their own expense provided nothing is added and no name but that of the Illinois State Nutrition Committee appears on it. Permission to print can be obtained from Miss Gertrude E. Kaiser, Home Economics Extension, 206 Bevier Hall, University of Illinois.

The committee is offering free "A Suggestive Guide for Teaching Nutrition in Illinois Elementary Schools" prepared in 1944. Although it reflects wartime situations and lists many references now out of print, it might still be helpful in planning a nutrition education program. For copies write Miss Jessie Heathman, 330 Mumford Hall, University of Illinois.

COMMITTEE BRIEFS

Bess Heflin of the Home Economics Department, University of Texas, was chosen chairman of the Texas State Nutrition Council in a recent election.

The new chairman of the California Interagency Nutrition Committee is Helen E. Walsh, Supervising Nutritionist of the State Department of Public Health.

The Michigan Nutrition Council elected as chairman Adelia Beeuwkes of the School of Public Health of the University of Michigan.

The Wyoming Nutrition and Health Committee has recently become the Wyoming Public Health Association. Mrs. Evangeline J. Smith, Extension Nutritionist, has been appointed chairman of the Subcommittee on Nutrition; this subcommittee serves as the State Nutrition Committee.

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NEW MATERIALS

Available from Office of Information,
USDA, Washington 25, D. C.

"Know Your Butter Grades." (Leaflet 264, 1949, illus.)

Available from Bureau of Human Nutrition
and Home Economics, USDA, Washington 25,
D. C.

"Sugars and Sweets in City Diets" in 1948. (Commodity Summary No. 5, Processed, 1949, 12 pp.)

"Family Food Consumption for Three Seasons in Minneapolis-St. Paul, Minnesota. 1 week—Winter, Spring, and Fall 1948." (Preliminary Report No. 9, Processed, 1949, 23 pp.)

"Family Food Consumption for Three Seasons in San Francisco, California. 1 Week—Winter, Spring, and Fall 1948." (Preliminary Report No. 10, Processed, 23 pp., 1949.)

"Family Food Consumption for Three Seasons in Buffalo, New York. 1 Week—Winter, Spring, and Fall 1948." (Preliminary Report No. 11, Processed, 23 pp., 1949.)

"Nutritive Value of Diets of Urban Families, United States, Spring 1948 and Comparison with Diets in 1942." (Preliminary Report No. 12, Processed, 26 pp., 1949.)

Available from Bureau of Dairy Industry,
USDA, Washington 25, D. C.

"Dried Milks." (Processed, 12 pp., 1949.) (Covers the manufacture, nutritive value, uses, and definitions and standards of various dry milks.)

Available from FAO Documents Sales
Service, 1201 Connecticut Ave., NW.,
Washington 6, D. C.

"The State of Food and Agriculture, A Survey of World Conditions and Prospects." (138 pp., illus., 1949, \$1.50.)

"Work of FAO 1948-49" (1949, 104 pp., \$1.00).

Available from Creative Arts Studio,
Inc., 1223 Connecticut Ave., NW.,
Washington 6, D. C.

"Mrs. Jones Learns About Nonfat Dry Milk." Prepared by PHS (see page 2). (The color film strip, which can be used in any film-strip projector, sells for \$10.00; the set of color transparencies, which can be used in any 2" x 2" projector, for \$50.00. Strips and sets are available for preview.)